



*** Tips For * Nursing Mothers**

Breastfeeding More Than One



Just the idea of having more than one baby is enough to send you into a tizzy. Once you get over the shock of finding out about your good fortune, you begin to panic over how to parent more than one baby at a time. One of the first questions that may cross your mind is how to feed your twins (triplets, ...).

For some people, the idea of breastfeeding more than one baby may sound impossible but a growing number of m.o.m.'s (mothers of multiples) are finding that breast is not only best but easiest when it comes to feeding their newborns.

Breastmilk provides the right nutrients for newborn babies which is very important, especially for those who come early. But mother's milk is more than just food for your babies, it contains your immunities and antibodies that help your babies fight off germs in those crucial first weeks and throughout the entire time they are nursing.

So, where do you start? Well, even for a nursing pro, it may take a little organization and practice. In the end, you'll be left with precious memories and peace of mind that you did the absolute best for your babies.

Yes, it is possible to breastfeed more than one baby at once. Don't be swayed by those who may tell you otherwise. Those of us who have done it can tell you what a simple, practical solution it is to the feeding problem.

Tips to help you nurse your babies:



- Be patient! Not only with your babies, but with yourself.
- Practice, practice, practice. In the same way that it takes practice to hold two babies at once and diaper two in a row and bathe two at a time, it may also take practice to get comfortable nursing. The more you do it the easier it will get. Remember, practice makes perfect.
- Experiment! Learn different ways to hold your babies and get them to the breast(s). There is the football hold, with each baby tucked under one arm. This is good for bigger babies and for moms who have had a cesarean section. There is the cradle hold, with each baby's head in the

crooks of your arms. There is also a way to hold two babies at the breast with each baby going in the same direction. This works well for bigger babies. For those with more than two, it is possible to feed two babies at once while rocking a third (and fourth) in a baby seat with your foot!!

Babies don't always have to or want to nurse at the same time, so there will be times when you have only one in your arms.

- Get comfortable! Use pillows, lie down in bed, curl up in front of the TV or with a good book. Use time spent nursing your babies as time for yourself, too. You will need the time during the day to get off your feet and relax for a few minutes. Take advantage of it.
- Eat and drink often throughout the day! You may not have the chance in the first few weeks or months to sit down to three meals a day, and when you're nursing more than one baby you need to keep your strength up. Be sure you always have a snack handy and something good to drink nearby every time you sit down to feed the babies. This is good advice for nursing one baby and is even more important with more than one.
- You may need to pump -- if you have more than two babies, there may be times when the third (fourth, or fifth) needs to eat at the same time. It is possible to produce enough milk to feed all of your babies.

See a lactation consultant or breastfeeding counselor in your area for help.

WIC Breastfeeding Counselor:

Lactation Consultant:

La Leche League:

There may also be someone on staff at the hospital or birthing center you use. Don't ever be afraid to ask questions.